



Fairfax County Police Department Physical Ability Test

Applicants will have 8 minutes to complete the Physical Ability Test.

1. After putting on a 15 pound weighted vest the Applicant will begin the test seated in a chair at the Start/Finish Location. The test time will begin when the Applicant exits the chair.
2. The Applicant will proceed through the Serpentine Cone Course which is designed in a serpentine/zigzag pattern.
3. The Applicant will proceed to the Stair/Embankment Climb. Located on each side of the Stair/Embankment is a set of three beanbags and a plastic bucket. The Applicant will pick up the first beanbag, travel up one side of the Stair/Embankment and down the other depositing the beanbag in the bucket on the opposite side. The Applicant will repeat this sequence until all six beanbags have been deposited.
4. The Applicant will proceed to the Wooden Barrier (36" high) and climb over while keeping at least one hand on the wooden barrier at all times.
5. The Applicant will proceed to the 100 pound Weighted Dummy Drag. The Applicant will lift or drag the dummy, in any preferred manner, for the designated distance of 20 feet.
6. The Applicant will proceed to the Lift & Carry comprised of a crate and contents weighing 50 pounds. The Applicant will lift the crate and carry it for the designated distance of 20 feet and place it on the ground at the designated pad.
7. The Applicant will enter the Duck & Crawl Tunnel and crawl to the other side on their hands and knees.
8. After exiting the tunnel, the Applicant will proceed to the Start/Finish Location and deposit a beanbag in the bucket.
9. The Applicant will proceed through the course in the reverse order (2nd Lap) beginning with the Duck & Crawl Tunnel, concluding at the Start/Finish Location and depositing a beanbag into the bucket.
10. The Applicant will proceed through the course continuing in the same direction (3rd/Final Lap) beginning with the Duck & Crawl Tunnel through the Serpentine Cone Course.
11. After exiting the Serpentine Cone Course the Applicant will proceed under the Low Bar Obstacle to the Reaction Test. This test is comprised of the numbers 1-15 attached in random order. The Applicant will pick up a baton and tap each number in numerical order while saying the number aloud. After the Applicant has touched the number 15, drop the baton and proceed to the Low Bar Obstacle.
12. The Applicant will duck under the Low Bar Obstacle and proceed to the Start/Finish Location.
13. The Applicant will deposit the last beanbag in the bucket at the Start/Finish Location.

This will conclude the test.

It is highly recommended that you view the instructional video prior to the test date.

<https://youtu.be/YF xv0YLmN-0>